

SEVEN STARS TO GUIDE US BEYOND THE NIGHT OF ANGRY POLITICS

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Path to a New Dawn

Here are seven stars to guide us, inspired by the Prayer of St. Francis and the Pavamana Mantra of the ancient Upanishads, and focused on the inward path of every heart:

*FOR THE SAKE OF MY OWN WELL BEING
AND FOR THE SAKE OF EVERYONE'S WELL BEING...*

1. This moment and this day
may I walk the path
from blind anger to calm awareness.
2. This moment and this day
may I walk the path
from obsessive resentment to
expansive forgiveness.
3. This moment and this day
may I walk the path
from paralyzing fear
to courage inspired by love.
4. This moment and this day
may I walk the path
from doubt about external security
to faith in the Power of Life within me,
the same Power that makes all things new.
5. This moment and this day
may I walk the path
from the isolation of seeing everyone as a threat,
to the community of embracing everyone as kin.
6. This moment and this day
may I walk the path,
from embarrassment and humiliation
in the eyes of others
to remembering that we are all evolving stardust,
capable of turning every mistake
into an opportunity to grow.
7. This moment and this day
may I walk the path, from a disappointed
and wounded sense of entitlement,
to a deepening gratitude for the whole wide world,
for Breath, and Earth, and Sky and Life.

For each breath can be received
as an amazing gift from the Universe,
waiting to be transformed
through our journey into the Light
into something kind, creative and beautiful.

May we begin
with this present breath!